

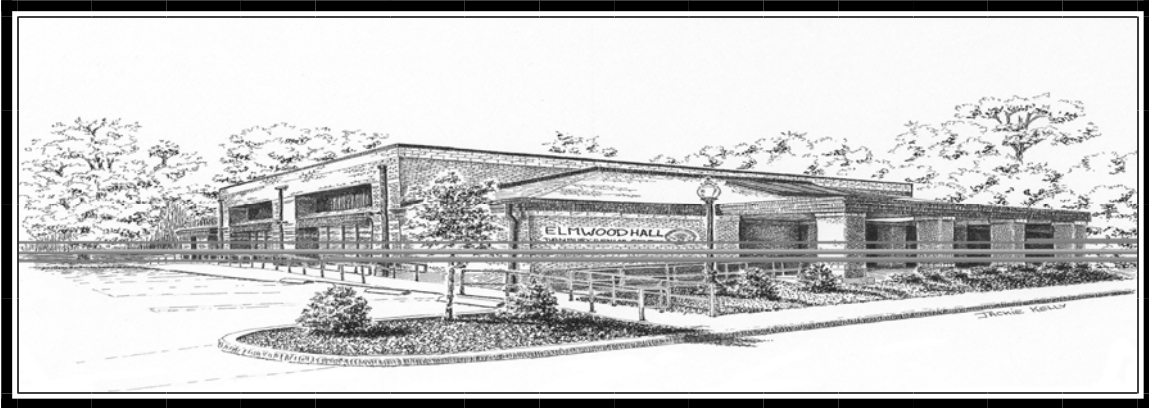
THE ELMWOOD EXTRA

READ ALL ABOUT IT!

Volume I Issue 4

August / September 2006

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 50 or better

AUGUST / SEPTEMBER HIGHLIGHTS

Elmwood Hall Review

Medicare Roundtable

Introduction to Basic Beading

Shakespeare's Greatest Hits: The Lunatic, The Lover, The Poet with Richard Clark

Introduction to Storytelling

City of Danbury

Department of Elderly Services

Mark D. Boughton, Mayor

Susan M. Tomanio, LCSW, Director of Elderly Services

Fran Hendrickson, Coordinator, Elmwood Hall Senior Center

Margaret Emerito, Municipal Agent for the Elderly

SeniorNet Computer Learning Center

10 Elmwood Place, Danbury, CT 06810

HOURS OF OPERATION: MONDAY — FRIDAY 8:30 - 4:30

Seminar on Reverse Mortgage, long-term care and the Deficit Reduction Act (which has changed some of the Medicaid qualification issues dramatically) on Wednesday, September 6 at 10:00 with Stephen Lamoreaux of DML Mortgage Enterprises.

The Lunatic, the Lover and the Poet – Shakespeare's Greatest Hits with Richard Clark: Solo Performer on Thursday, September 7 at 1:30. Come share some of the most memorable moments in dramatic literature. Sign up required. Refreshment served.

"Introduction to Basic Beading," on Wednesday, September 13 from 1:00 – 3:00 with Susan Schnegg, owner of The Garden of Bead In, a bead store. Cost is \$10 and she will supply wire, crimps and bring various beads. Class size is limited, sign up required.

Did you take Your Pills Today? How to better manage your medication with Alex Wong, Walgreen's, Main Street on Wednesday, Sept. 13 at 10am. Too many pills to take at different times, come get some helpful hints.

"Introduction to Storytelling - My Story - Your Story - Our Stories," on Wednesday, September 20 at 1:30 with professional storyteller Bert MacCarry. Learn techniques for effective storytelling, learn about telling life stories, anecdotes etc.

The Learning Exchange Fall Semester will start in October. Please come down to Elmwood Hall to pick up the new schedule. Lots of new and interesting classes will be offered all for only \$5 per semester!

SeniorNet Computer Learning Center

SeniorNet will offer the following fall courses with some great opportunities to either begin learning or help you maximize the use of your computer.

For beginners with no prior computer experience there is a four-session *Computer Fundamentals* course on Mon. & Wed. Our eight session courses are: *Introduction to Personal Computers* – Mon. & Wed., *Using the Internet* – on Tuesdays, both 1-3:30pm and *Exploring Windows XP* – on Thursdays from 10-12 noon. Classes are 2 to 2 ½ hours long.

Registration will begin in late August with classes starting in September. Please stop by the front desk at Elmwood Hall (or call 797-4686) and let us know the courses you would like to take.

For information on SeniorNet, visit our website at www.danbury.org/seniornet and watch for postings in the Senior Center and in the local media.

Don't Miss Out!

Receive automatic e-mail notification of registration and course offerings, by sending an e-mail today to arthurgilbert@sbcglobal.net. Provide your name, e-mail address and indicate if a prior SN student.

MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, LCSW



Well hello, and welcome to the second issue to our new newsletter! We have now expanded from 6 to 8 pages. This change was long over due as we have been struggling to fit all our news into just 6 pages. Now we can include photos and other information. Again, allow me to thank Al Stasiak for developing this new format and artist Jackie Kelly for giving us permission to put her pen and ink of Elmwood Hall on the front cover. We are offering some new programs this fall including Intro to Beading and Intro to Storytelling. We hope to entertain you with our first ever Variety Show and with a tribute to the work of William Shakespeare with actor Richard Clark starring in "The Lunatic, The Lover and The Poet. Please do join us and remember, a Senior Center is just an empty building with walls without a sense of community. You are our community!

AUGUST / SEPTEMBER HIGHLIGHTS

Due to the popularity of our 1st Old Fashion Fishing Derby, we are having another on Thursday, August 3 at Tarrywile Park. Meet at Elmwood Hall at 8:30 for van ride over to the park. Bring fishing pole, worms, bug spray, sturdy shoes, sun hat and outdoor chair. Sign up required. Hosted by Billy Michael, Richie Servello and Susan Tomanio. Refreshments.

Conservative Investing - Keeping your Money Safe While Saving Money on Wednesday, August 9 at 10:30 with Vincent Atkins and Jason Hyde from David Lerner & Assoc. Refreshment served.

Elmwood Hall Review - Laura Perry & Company: Our own Variety Show on Thursday, August 24 at 2:00. Led by our summer intern, Laura Perry

who has studied dance for the past 14 years. Watch Fran, Richie, Susan Ella, Annie and Susan, entertain. Solo performance by Laura Perry. Refreshments served.

The Western Connecticut Area Agency on Aging will hold a round table informal discussion on Medicare Wednesday, August 30 at 10:00am Bring any questions you may have on Medicare, the Prescription Drug Plan, State Programs including Medicaid, ConnPACE, and the Medicare Savings Program. It should be a very enlightening discussion. There will be great conversation, cool giveaways, and delicious refreshments. Sign up required.

August 2006 ~ Welcome to Elmwood Hall ~ The New Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Contact Susan s.tomanio@ci.danbury.ct.us Contact Fran f.hendrickson@ci.danbury.ct.us Contact Marnie m.emerito@ci.danbury.ct.us	1 > Art Class 9am-12noon > Exercise with Dee, 1 p.m. > Poker with Joe, 1-4:30 pm	2 > British Comedy from the 1970's, "Father Ted" 10 a.m. > Cook & Learn with Chef Laurie - Session 5:- Sign up > Chorus is off for July and Aug > Ceramics, 1 p.m. OJ > Easy International Folk Dances with Fran, 2 – 3 p.m.	3 > Fishing Derby, 9 a.m. > Knit/Crochet, 10 am > Exercise Video, 1 p.m. > Woodcarving, 12:30 pm > Cellmates off for August	4 > Chinese Mah Jongg, 9 am > Widow & Widowers, 10 am > Country Western Dance, 11:30 > Ceramics 1 p.m. – OJ > "Your Point of View," 1:30 pm
7 > Mah Jongg with Ellie, 9 – 12 > Quilt Club, 10 a.m. > Pinochle – 10 am /noon > Tai Chi with Ruth, 10 am > Elders/Lit. Vols... 11 am > Nursing Home Visitors, 12:30 > Pinochle with Lillian, 1 p.m. > Bridge Club – 1 :30 p.m.	8 > Art Class 9am-12noon > Mayor's Senior Advisory meeting, 11 a.m. > Exercise with Dee, 1 p.m. > Poker with Joe, 1-4:30 pm	9 > "Conservative Investing - Keeping your Money Safe While Saving Money" 10 am Ceramics, 1 p.m. OJ > Easy International Folk Dances with Fran, 2 – 3 p.m. Beginners welcome	10 > Blood Pressure Screening, 10 a.m. with Danbury Healthcare > Knit/Crochet, 10 am > Exercise Video, 1 p.m. > Woodcarving, 12:30 pm	11 > Chinese Mah Jongg, 9 am > Widow & Widowers, 10 am > Country Western Dance, 11:30 > Ceramics 1 p.m. – OJ > "Your Point of View," 1:30 pm
14 > Mah Jongg with Ellie, 9 – 12 > Quilt Club, 10 a.m. > Pinochle – 10 am /noon > Tai Chi with Ruth, 10 am > Elders/Lit. Vols... 11 am > Pinochle with Lillian, 1 p.m. > Bridge Club – 1 :30 p.m.	15 > Art Class 9am-12noon > Exercise with Dee, 1 p.m. > Poker with Joe, 1-4:30 pm	16 > Municipal Agent & You, 11 am, "Your Questions – My Answers" > Ceramics, 1 p.m. OJ > Easy International Folk Dances with Fran, 2 – 3 p.m.	17 > Knit/Crochet, 10 am > Exercise Video, 1 p.m. > Woodcarving, 12:30 pm	18 > Chinese Mah Jongg, 9 am > Widow & Widowers, 10 am > Country Western Dance, 11:30 > Ceramics 1 p.m. – OJ > "Your Point of View," 1:30 pm
21 > Mah Jongg with Ellie, 9 – 12 > Quilt Club, 10 a.m. > Pinochle – 10 am /noon > Tai Chi with Ruth, 10 am > Elders/Lit. Vols... 11 am > Nursing Home Visitors, 12:30 > Pinochle with Lillian, 1 p.m. > Bridge Club – 1 :30 p.m.	22 > Art Class 9am-12noon > Exercise with Dee, 1 p.m. > Poker with Joe, 1-4:30 pm	23 > AARP Safe Drivers, pt 1, 9 - 1 > Blood Pressure, 11 am/CTVNA > Ceramics, 1 p.m. OJ. > Easy International Folk Dances with Fran, 2 – 3 p.m.	24 > AARP Safe Drivers, pt 2, 9 - 1 > Knit/Crochet, 10 am > Woodcarving, 12:30 pm > Exercise Video, 1 p.m. > Elmwood Review – Our 1 st ever Variety Show, 2 p.m.	25 > Chinese Mah Jongg, 9 am > Widow & Widowers, 10 am > Country Western Dance, 11:30 > Ceramics 1 p.m. – OJ > "Your Point of View," 1:30 pm > Page Turners Book Club, 2:35
28 > Mah Jongg with Ellie, 9 – 12 > Quilt Club, 10 a.m. > Pinochle – 10 am /noon > Tai Chi with Ruth, 10 am > Elders/Lit. Vols... 11 am > Pinochle with Lillian, 1 p.m. > Lion's Low Vision meet, 1-3 pm > Bridge Club – 1 :30 p.m.	29 > Art Class 9am-12noon > Exercise with Dee, 1 p.m. > Poker with Joe, 1-4:30 pm	30 > "What Would You Like to Know About Medicare?" Round Table discussion with staff of Western CT Area Agency on Aging, 10 a.m. > Ceramics, 1 p.m. OJ > Easy International Folk Dances with Fran, 2 – 3 p.m.	31 > Power of Attorney & Living Wills with Atty Michelle Ligouri of Cramer and Anderson, 9 am > Knit/Crochet, 10 am > Exercise Video, 1 p.m. > Woodcarving, 12:30 pm	A Large Print Version of this newsletter is available upon request

September 2006 ~ Welcome to Elmwood Hall ~ The New Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Halloween Party October 27 ~ 11:30 a.m. – 4 p.m. Special Spooky Lunch Entertainment. Costume Costest Sign up Sept	Intro to Basic Beading Sept. 13 – 1 p.m. Bring your own, use ours or purchase from the instructor. Class minimum is 6 with a max of 10. Cost is \$10.00 per person for the 20hour lesson.	Intro to Storytelling Sept 20 – 1:30 p.m. If enough interest – a six week class is available for the future This first session is free.	Contact Susan s.tomanio@ci.danbury.ct.us Contact Fran f.hendrickson@ci.danbury.ct.us Contact Marnie m.emerito@ci.danbury.ct.us	1 > Chinese Mah Jongg, 9 am > Widow & Widowers, 10 am > Country Western Dance, 11:30 > Ceramics 1 p.m. – OJ > “Your Point of View,” 1:30 pm
4 CENTER IS CLOSED FOR LABOR DAY	5 > Art Class 9am-12noon > Exercise with Dee, 1 p.m > Poker with Joe, 1-4:30 pm	6 > Reverse Mortgage and the Deficit Reduction Act, 10 a.m. > Chorus Rehearsal, 10 a.m. > Cook & Learn with Chef Laurie - Session 6: Sign up > Ceramics, 1 p.m. OJ > Twisted Threads, Intergenera- tional Knitting Club, 7 – 9 p.m.	7 > Knit/Crochet, 10 am > Exercise Video, 1 p.,m > Woodcarving, 12:30 pm > Richard Clark Returns with a solo performance – “The Lunatic, the Lover and the Poet” 1:30 pm Please sign up.	8 > Chinese Mah Jongg, 9 am > Widow & Widowers, 10 am > Country Western Dance, 11:30 > Ceramics 1 p.m. – OJ > “Your Point of View,” 1:30 pm
11 > Mah Jongg with Ellie, 9 – 12 > Quilt Club, 10 a.m. > Pinochle – 10 am /noon > Tai Chi with Ruth, 10 am > Elders/Lit. Vols... 11 am > Pinochle with Lillian, 1 p.m. > Bridge Club – 1 :30 p.m.	12 > Art Class 9am-12noon > Mayor’s Sr Advisory 11 a.m > Exercise with Dee, 1 p.m > Poker with Joe, 1-4:30 pm >Commission on Aging, 2:15	13 > "Did You Take Your Pills Today? - Presentation by Alex Wong, Walgreens > Chorus Rehearsal, 10 a.m. > Ceramics, 1 p.m. OJ > Intro to Basic Beading, 1 p.m. with Susan from the Garden of Bead In . Sign up. Min 6 to start.	14 > Blood Pressure with Danbury Healthcare, 10 am > Knit/Crochet, 10 am > Exercise Video, 1 p.m. > Woodcarving, 12:30 pm > Cellmates to The Jewish Home play at 2 p.m. Leave EH 12:30	15 > Chinese Mah Jongg, 9 am > Widow & Widowers, 10 am > Country Western Dance, 11:30 > Ceramics 1 p.m. – OJ > “Your Point of View,” 1:30 pm
18 > Mah Jongg with Ellie, 9 – 12 > Quilt Club, 10 a.m. > Pinochle – 10 am /noon > Tai Chi with Ruth, 10 am > Elders/Lit. Vols... 11 am > Nursing Home Visitors, 12:30 > Pinochle with Lillian, 1 p.m. > Bridge Club – 1 :30 p.m.	19 > Art Class 9am-12noon > Exercise with Dee, 1 p.m > Poker with Joe, 1-4:30 pm	20 > Municipal Agent & You, 11 am > Ceramics, 1 p.m. OJ > "Introduction to Storytelling - My Story - Your Story - Our Stories," with professional storyteller Bert MacCarry 1:30 > Chorus to Danb Healthcare 2	21 > Knit/Crochet, 10 am > Exercise Video, 1 p.m. > Woodcarving, 12:30 pm > Cellmates play The Gardens at 2:30 p.m. Leave EH 1:15	22 > Chinese Mah Jongg, 9 am > Widow & Widowers, 10 am > Country Western Dance, 11:30 > Ceramics 1 p.m. – OJ > “Your Point of View,” 1:30 pm
25 > Mah Jongg with Ellie, 9 – 12 > Quilt Club, 10 a.m. > Pinochle – 10 am /noon > Tai Chi with Ruth, 10 am > Elders/Lit. Vols... 11 am > Pinochle with Lillian, 1 p.m. > Lion’s Low Vision meet, 1-3 pm > Bridge Club – 1 :30 p.m	26 > Art Class 9am-12noon > Exercise with Dee, 1 p.m > Poker with Joe, 1-4:30 pm	27 > AARP Safe Drivers, pt 1, 9 - 1 > Blood Pressure, 11 am/CTVNA > Ceramics, 1 p.m. OJ. > Chorus to Almost Home, sing at 1 p.m.	28 > AARP Safe Drivers, pt 2, 9 - 1 > Knit/Crochet, 10 am > Exercise Video, 1 p.m. > Woodcarving, 12:30 pm > Cellmates to Wilton Meadows, play at 2 p.m. Leave EH 12:45.	29 > Chinese Mah Jongg, 9 am > Widow & Widowers, 10 am > Country Western Dance, 11:30 > Ceramics 1 p.m. – OJ > “Your Point of View,” 1:30 pm > Page Turners Book Club, 2:35

ELMWOOD HALL PHOTOS AND NEWS BRIEFS



Elmwood Hall member Martha Hansen has lovingly handcrafted this beautiful bedspread for The Prime Timers, Inc. Friends of Danbury Seniors to raffle of to raise money for Elmwood Hall Programs. Please buy a raffle ticket for \$1 and support Elmwood Hall. We will announce the winner on September 14.



Seniors, staff and volunteers welcomed Summer with an old-fashioned fishing derby at Tarrywile Park on June 21. Josie Rodriguez caught the most fish with 12 and Gene Bailey got the biggest fish. This was so popular we are going to make it an annual event.

DEPARTMENT OF ELDERLY SERVICES MISSION STATEMENT

The Department of Elderly Services seeks to improve the quality of life of Danbury citizens age 50 or better through the use of social, educational, spiritual, physical, creative, intergenerational, multicultural and animal/nature programs. It is the department's goal to put an end to boredom, loneliness, and helplessness through outreach and innovative and spontaneous program offerings at the Elmwood Hall Senior Center.

MESSAGES FROM THE MUNICIPAL AGENT

RENT REBATE FOR YEAR 2005 . . APPLICATION TIME ENDS 9/15

- Apply through Sept. 15th 2006. Call 797-4686 to schedule an appointment at the Old Jail (80 Main St).
- Another option is to for apply by mail. This will take some time. So no later than 9/5/06, please send the 2005 documentation and a self-addressed stamped envelope to Elderly Services at 80 Main Street. The form will be completed and returned to you for your signature then the total form mailed back to 80 Main St. for a staff member's signature - then it is official.

Requirements:

- 1. One year Connecticut residency, 2. At least age 65 years old or disabled by Social Security before or in 2005, 3. Income below \$27,700 for a single person or \$33,900 for a married couple. 3. Widowed person, age 50-64 in 2005, from a previous applicant (proof needed).

2005 documentation needed:

- 1. ALL 2005 Income: IRS Return (if filed), your Social Security or Rail Road 1099 and 1099R, all 1099s from pension, interest, and dividends. Proof of all other income, i.e. veteran pensions, wages, alimony, & rental.
- 2. All payments for Rent, Heat, and Electric (Receipts or Cancelled Checks) paid in 2005: proof for all of the twelve months is needed. Ideal are your "out-of-your-pocket" payment history statements from rental management, utility & oil companies.

Other Concerns

- 1. Disabled people from age 18 – 61 who receive Social Security are automatically considered formally disabled, but those ages 62-64 (when people can receive early retirement) must provide proof. A TPQY or Social Security 1099 showing a Medicare payment is proof; otherwise a special form is available. Some disabled applicants can get help with the rent rebate application from agency case-managers.
- 2. Long Term Care / Group Home residents meeting the above requirements and pay room & board may apply; rent is figured at 34% of room & board.

MEDICARE SAVINGS PROGRAM

Save the Medicare Part B Premium of \$88.50 (or more). Income levels began 4/06

Applications: CT. Dept. of Social Services at 203-207-8900

- Qualified Medicare Beneficiary Program (QMB): for Medicare Part B enrollees - pays Medicare Parts B and D premiums, some deductibles and co-pays. Income maximums \$1024 (single) \$1514 (married), assets \$4,000 single person and \$6,000 married person.
- Specified Low Income Medicare Beneficiary Programs: SLIMB and SLIMB Q-QI-I
 - a. SLIMB - Medicare Part B enrollees, pays Medicare Part B premium only. The income limits are \$1187.40 (single) \$1734 (married), assets: \$4,000 (single) / \$6,000 (married)
 - b. SLIMB QI-I (ALMB QI-I), income limits: \$1309.95 (single) \$1899 (married), no asset limit but depends on funding availability

Questions about Medicare? Watch the media and your mail for any new information. Elmwood Hall is offering a program "Medicare: What would you like to know?" on Wednesday, August 30 at 10am. There is a slight possibility of changes to report at that time, but later in the fall is more likely. Contact WCAAA with any questions at 1-800-994-9422.

TRAVEL WITH THE BEST PEOPLE!

Checks Payable to The Prime Timers, Inc.

☆ **September 20 – “The Tenement Museum” in NYC.** First stop is for **Knish noshing at Yoni Schimmel.** Then on to the **Tenement Museum for a visit to the Confino Apartment.** This is a Living History reconstruction of an actual tenement apartment of 1916. Our guide is Victoria Confino, a costumed interpreter representing a Sephardic-Jewish immigrant from Turkey. She will greet you as if you are newly arrived and need to know about life on the lower East Side.

Next will be a short walk **to Katz’s Deli for lunch on your own.** Back on the coach for a short neighborhood tour by Morty Morrison. Bus leaves 80 Main St at 7:30 a.m. and leaves the War Memorial at 7:45 a.m. Returns home between 6 and 7:30 p.m.. Come to Elmwood Hall, 10 Elmwood Place, Danbury to register and get your ticket. Sign up before September 1, to insure a seat.

**** Stop in for a cup of coffee, hot or iced, enjoy a snack & the cool air conditioning!**

Elmwood Extra ~ Read All About It

Department of Elderly Services
Elmwood Hall ~ the new Danbury Senior Center
10 Elmwood Place
Danbury, CT 06810

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Time Value - Please Do Not Delay

Water Aerobics Class Offered

The Danbury YMCA and the Department of Elderly Services will be offering a water aerobics class at the YMCA on Boughton Street. You will need to become a program member of the YMCA, a cost of \$50 per year, and you are then eligible to take an 8 week water aerobics class that meets 2 times per week for a charge of \$2 per class. All 8 weeks must be paid in full before the class starts. They are asking for a minimum number of people to make the class happen, so if you are interested, please call Elmwood Hall and add you name to the list. If they get enough people, the class will begin in mid September. Please let us know if this is something you would like to do. Call 797-4686.